

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN PALLIATIVE MEDICINE
EXAMINATION – AUGUST 2020

Date: 11th August 2020

Time: 1.00 p.m. - 3.00 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer **all five (05)** questions.

Answer each question in a separate book.

1. Palliative care unit, National Cancer Institute, Maharagama received a call from the wife of a registered patient, a 78 year old retired bank officer diagnosed with prostate cancer and multiple bone metastases. He is on regular morphine and paracetamol for his bone pain. He complains of sudden onset right hip pain while trying to get down from the bed. Wife says he is screaming due to pain. You are the palliative care medical officer on duty.
 - 1.1. What is the initial instruction you would give? (20 marks)
 - 1.2. Wife says that his medication stock is over as his regular clinic date is tomorrow. What would you advise now? (20 marks)
 - 1.3. She inquired whether it is ok to bring him to hospital in a three wheeler. What is your advice? (10 marks)
 - 1.4. What is the best mode of transport of the patient? (10 marks)
 - 1.5. Patient was admitted to your ward.
 - 1.5.1. What are your initial steps in managing the patient? (20 marks)
 - 1.5.2. What are the specific oncology palliative modalities available for this patient? (20 marks)
2. A 74 year old woman, who is a known person with dementia, on donepezil 5 mg daily, is admitted to the surgical ward with a fracture neck of femur. On second day of admission she develops behavioural problems with being agitated, fearful, shouting, uttering irrelevant words and being unaware of her surroundings. She develops insomnia too.
 - 2.1. What is the most likely diagnosis? (10 marks)
 - 2.2. Name three (03) possible precipitating factors for her condition. (30 marks)
 - 2.3. Name two (02) possible predisposing factors for her condition. (20 marks)
 - 2.4. Write two (02) investigations you would order? (20 marks)
 - 2.5. What is the cardinal principle in management? (10 marks)
 - 2.6. What class of medication is best to control agitation? (10 marks)

- 3.
- 3.1. What are the four main domains of concept of “Total Pain” ? (20 marks)
- 3.2. Name five (05) causes of pain in cancer patients. (20 marks)
- 3.3. What are the three (03) types of breakthrough pain? (15 marks)
- 3.4. A 35 year old man presented to the palliative care clinic complaining of severe abdominal pain. Multiple metastases were detected in the liver, peritoneum and spine, secondary to bowel cancer.
He was on following oral drugs.
- | | |
|---------------|-----------|
| tramadol | 100 mg bd |
| paracetamol | 1g tds |
| dexamethasone | 4 mg bd |
| celocoxib | 100 mg bd |
- 3.4.1. What is the drug of choice to control his pain? (05 marks)
- 3.4.2. Name three (03) other factors required to calculate the initial dose of above mentioned drug. (15 marks)
- 3.4.3. What is your most preferred route of administration of this drug? Why? (10 marks)
- 3.4.4. Should tramadol be continued or not? Give three (03) reasons to rationalize your answer. (15 marks)
- 4.
- 4.1. A child requires palliative nutrition.
- 4.1.1. Define natural and medical provision of nutrition for children receiving palliative care. (20 marks)
- 4.1.2. List five (05) methods to reduce thirst of a child when medical hydration and nutrition is withdrawn (20 marks)
- 4.1.3. List five (05) barriers of eating in a child with end stage cancer and the recommended practices to overcome each barrier. (30 marks)
- 4.2. List five (05) common signs you may expect to see in a child in terminal phase. (30 marks)

5. A 62 year old patient presented to the emergency department with shortness of breath, fever and disorientation. He was a diagnosed patient with dilated cardiomyopathy with ejection fraction of 25- 30%. He had cough and mild fever with sputum production last week. His anorexia aggravated over the past week.

He had bilateral ankle oedema and significant shortness of breath on mild to moderate exertion over past several months. He has not opened bowel over last 5 days and today had small amount of watery loose stools.

He had few hospital admissions during the last one year. However he was able to manage his activities of daily living in between each exacerbation.

On examination he was febrile and there was bilateral basal crepitations with coarse crepitations on the left middle zone.

- 5.1. Identify three (03) main physical problems (15 marks)
- 5.2. Outline the management of each problem you mentioned. (45 marks)
- 5.3. His daughter asks about his condition and prognosis.
How are you going to explain to the family? (25 marks)
- 5.4. Two months later he was admitted with another exacerbation of shortness of breath. Daughter said that following the previous admission, he was basically bed bound at home with fatigue and refused food. His urine output was minimal.
How do you explain to the family regarding current situation? (15 marks)